

Facets

September 2012

**Women's
health
issue**

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for expert
advice**

Courage in Motion

**Exercise program helps
cancer patients cope**



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Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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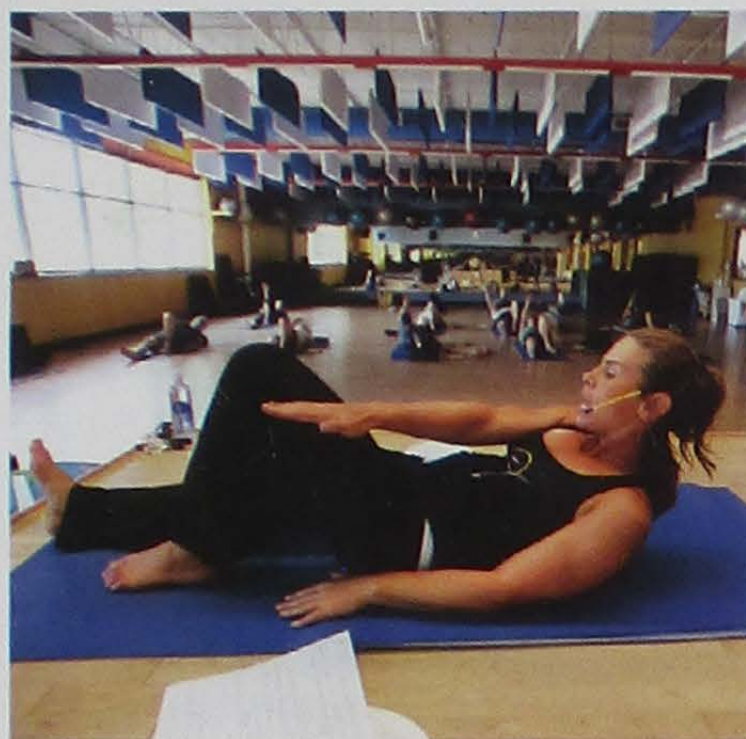
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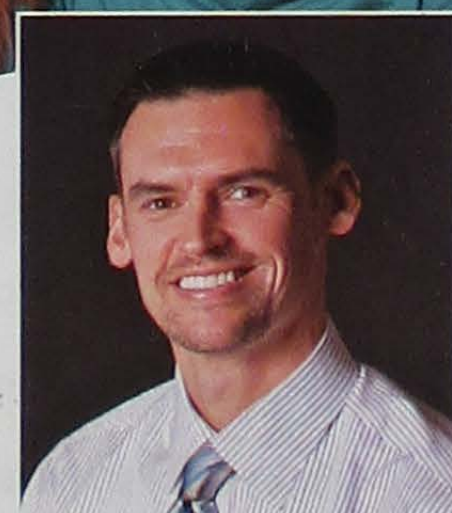
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Dr. Niegsch and the staff at Dentistry at Somerset go above and beyond to make going to the dentist a pleasant experience. Our 7-year-old daughter actually looks forward to her check-ups! All of our interactions have been positive—from the pleasant welcome we receive upon arriving, the services offered, getting our questions answered thoroughly, and the gentle/caring approach toward our three young children. We highly recommend the Dentistry at Somerset team!

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Dr. Jason Niegsch ("Nix")

Take care of yourself

Women are natural caretakers, but often the person we devote the least care to is ourselves

I received a text at 12:23 a.m. one night in July.

"R u ok," read the text message from my mother.

I was more surprised she knew abbreviated text than I was by the time of the message.

I had been having health problems since late June, and required some minor endoscopic surgery in July.

My mom and I spoke on the phone every day and discussed every development. But she



JENNIFER MEYER

lives three hours away, and worrying about the welfare of her adult daughter was keeping her awake in the middle of the night,

more so than the health scare she was experiencing herself at that same time.

It's nothing new. There have been other late-night texts, emails and even calls from her. Whether my pain is physical or emotional, my mom is my best friend, and she feels it all with me.

Sometimes she drives me crazy, and I want to tell her I'm not her little girl anymore, but no one cares for me more than she does, and I love her for it.

Women are natural caretakers, but often the person we devote the least care to is ourselves.

This issue is designed to inspire and guide you to a healthier self.

Taking care of others is what we women do, but sometimes we need to be reminded to take care of ourselves. ♦

Reach Facets Editor
Jennifer Meyer via email
at jmeyer.facets@gmail.com.

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SCUBA CERTIFICATION

My family has recently completed Scuba certification, and it was a blast. Ames Parks and Recreation offers a course, but there are others available.

— Debra Joel, corporate secretary, Cyclone Contracting



DOVE DRY SHAMPOO

For those days you just don't have time to wash your hair. Spray on, rub in and brush out for refreshed and volumized hair.

— Roxanne Dass, Facets contributor

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I just discovered e-books you can download from the Ames Public Library.

— Kathy Hanson, Facets contributor

FREEDOM FLIGHT

I am supporting the Story County Freedom Flight, which honors Story County veterans by sending them to Washington, D.C., to visit their memorials. (For more information, visit www.storycountyfreedomflight.org.)

— Cindy Doolittle, Story City, member service specialist, Premier Credit Union



By Jack Hollingsworth/
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SCARF ACCENTS

They're a fun way to dress up your fall wardrobe.

— Joan Ingwersen, Ames, At Home Care Co.

SAYING GOODBYE

Releasing, with tear-filled eyes, my 18-year-old daughter into the throes of college life. She grew up so fast.

— Julie Abel, resilient, eternal optimist

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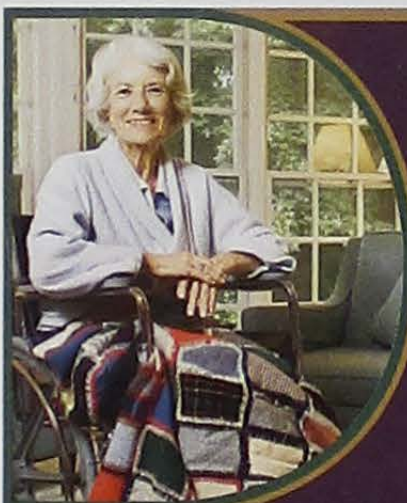
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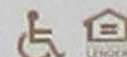
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By Amy Vincchattle/Facets

Duane and Rita Shinn follow along as exercise instructor Michelle Flattery leads a Courage in Motion session at Ames Racquet and Fitness.

Courage in Motion

Exercise program helps cancer patients cope

BY KELLY SPILLMAN-KRAMER

Exercise has always been a big part of Michelle Flattery's life.

When she was diagnosed with Stage 3 non-Hodgkin's lymphoma, exercise became a way for Flattery to cope with her disease.

Now in remission for two years, Flattery's love of exercise has developed into Courage in Motion, a program helping other cancer patients and survivors.

Flattery came up with the idea for the program after attending a class in Des Moines while she was undergoing treatment.

For more information about Courage in Motion, contact Mary Ellen Carano at William R. Bliss Cancer Resource Center at (515) 956-6410.

"My doctor had an exercise program for cancer patients and led a spinning class after a one-hour discussion," she said. "It was so fun. You are surrounded by people who understand what you are going through because they are going through it themselves."

While in the class, Flattery even met someone with the same type of cancer.

"I don't know why that was so important to me, but it was," she said. "I felt comfortable knowing that someone else with my cancer was out there making it."

Ames had no program like the one Flattery attended in Des Moines. Flattery, who is an exercise instructor, started Courage in Motion with the help of Mary Greeley Medical Center and Ames Racquet and Fitness Center.

"The Courage in Motion program has been a great fit for our club," said Mandy McGuire, group fitness and marketing director at Ames Racquet and Fitness Center. "It's our goal to offer services for everybody, to assist them in achieving a healthier lifestyle, despite fitness levels or age, and this has created another avenue for us to build upon."

Courage in Motion launched about four months ago. The program gives participants the opportunity to try Pilates, spinning, yoga, aqua exercises and some weight training. The program is designed for cancer patients, survivors in remission for up to one year, and friend and family supporters.

The group meets at 1 p.m. each Tuesday for 45 minutes. After the class, Aspen Leaf treats participants with donated yogurt.

"That time also gives us more time to talk and connect. Friendships are made, laughs, and yes, some tears," Flattery said. "We have fun. They really talk about anything. We become fast friends."

As a part of the program, Ames Racquet and Fitness Center gives members a three-month free membership that includes full access to the center.

"They are an inspiration. I am grateful I have been given the opportunity to help others in a similar situation (to what) I experienced."

— Michelle Flattery, cancer survivor



By Amy Vinchattle/Facets

Michelle Flattery, of Ames, has created the exercise program Courage in Motion to help other cancer patients cope.

Members who want to continue their membership pay a discounted price.

Flattery said there are proven benefits for cancer patients who participate in an exercise program while going through treatments, such as increased energy, better fitness and greater bone density.

Flattery also believes exercise helps patients feel in control of their cancer.

Her experience as a survivor helped Flattery shape the program.

"I thought before being a cancer patient myself that once treatments are done, you're

back to feeling well," she said. "It has been much harder on me after the treatments. Your energy is gone ... more than during treatments."

Flattery understands cancer patients may lack energy and modifies her class for participants' abilities.

"Every cancer patient is different. Their exercise may be walking out of their house to join us at 2 p.m. for yogurt," she said. "If participants can't do a certain exercise, they are free to use the Ames Racquet and Fitness Center facility and find an exercise that does work for them."

McGuire said Ames Racquet and Fitness Center is privileged to have Flattery leading Courage in Motion.

"Michelle is a self-starter and always looking for ways to help people," McGuire said.

Flattery admits the class has been beneficial to herself, as well as participants.

"They are an inspiration," Flattery said. "I am grateful I have been given the opportunity to help others in a similar situation (to what) I experienced." ♦

Reach Kelly Spillman-Kramer via email at kel_300@hotmail.com.



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By Kristen Houser/Special to Facets

An example of a TableTop Farm CSA share includes new potatoes, carrots, kohlrabi, garlic, green cabbage, genovese basil, broccoli, broccoli rabe, summer squash and green onions. Shares are distributed in Ames, Des Moines and Nevada each week to CSA members.

CSA serves up healthy lifestyle

BY CAROLINE NICHOLS

TableTop Farm community-supported agriculture, or CSA, consumers do not always know what to expect when they pick up their weekly share of vegetables from the farm outside Nevada.

Sally Gran, a full-time farmer for TableTop, said the unexpected has led to a healthier lifestyle for participating families.

"Many of our CSA members say that a subscription to weekly vegetables has encouraged them to eat more vegetables in a wider variety and to cook more at home," Gran said. "The kids get really excited about vegetables, too, and I think it's because they actually taste good."

The weekly box is filled with fresh, seasonal produce from the farm. A newsletter from the farm shares healthy recipes and

cooking tips.

A long-term alternative to fad diets can be easier and more delicious than most people might think.

Lea Vogl, wellness manager at Wheatsfield Cooperative in Ames, grew up as a "fast food kid," but became a vegetarian at age 16. The junk food stayed around, however, and after trying Weight Watchers and other diets, Vogl decided it was time for significant lifestyle changes.

Vogl, 27, started swimming every day and incorporated more raw fruits and vegetables into her diet.

She encourages Wheatsfield customers and clients to aim for healthier instead of skinnier. People can easily focus solely on weight loss and face disappointment when it does not happen as quickly as they had hoped.

"Many of our CSA members say that a subscription to weekly vegetables has encouraged them to eat more vegetables in a wider variety and to cook more at home."

— Sally Gran, TableTop farmer

"When you choose to eat healthy and exercise regularly, you will feel better, and that affects your overall well-being," Vogl said. "By making some simple changes, your life can also feel less rushed."

Sarah Haveman, a diabetes educator at Mary Greeley Medical Center, said she emphasizes healthy eating and lifestyle over dieting for patients with weight or heart-related issues.

"I encourage whole foods, but not the kind that comes with a label," Haveman said. "I mean eating food that is as close to its original source as possible. I don't love it when our food has to travel 3,000 miles."

Packaged foods often sacrifice time on the vine for added time on the shelf, diminishing health benefits.

Vogl said Wheatsfield offers classes on raw foods and cleansing diets to help inform consumers, as well as resources to connect with area health care practitioners. Wheatsfield is also a distribution site for TableTop members.

Labels stating "organic" or "natural" can confuse grocery store consumers, but Gran

said she and other TableTop farmers keep decisions simple.

"When you buy raw ingredients, you have more control over what is in them," she said.

Kris Johnston, 42, and her husband, Del, live on a farm outside Ames with their three kids. Juggling the schedules of five people is not easy, she said, but dinner around the dining room table is not optional. She cooks a family meal every night with fresh produce and meat from their farm — and not just because they love delicious food.

"Making dinner is a way I can serve my family — to show I love them," she said. However, "I have to think ahead in the morning about supper so we don't end up getting hot dogs at a concession stand."

Gran, the TableTop farmer, agreed.

"Members learn to base their meals around the abundance of fresh, seasonal produce in their weekly farm share," she said, "And end up cooking with more creativity." ♦

Reach Caroline Nichols
via email at caroline.m.nichols@gmail.com.



Sally Gran, 25, of Nevada, a Central Iowa vegetable farmer, helps with the carrot harvest at TableTop Farm in Nevada.

By Kristen Houser/Special to Facets

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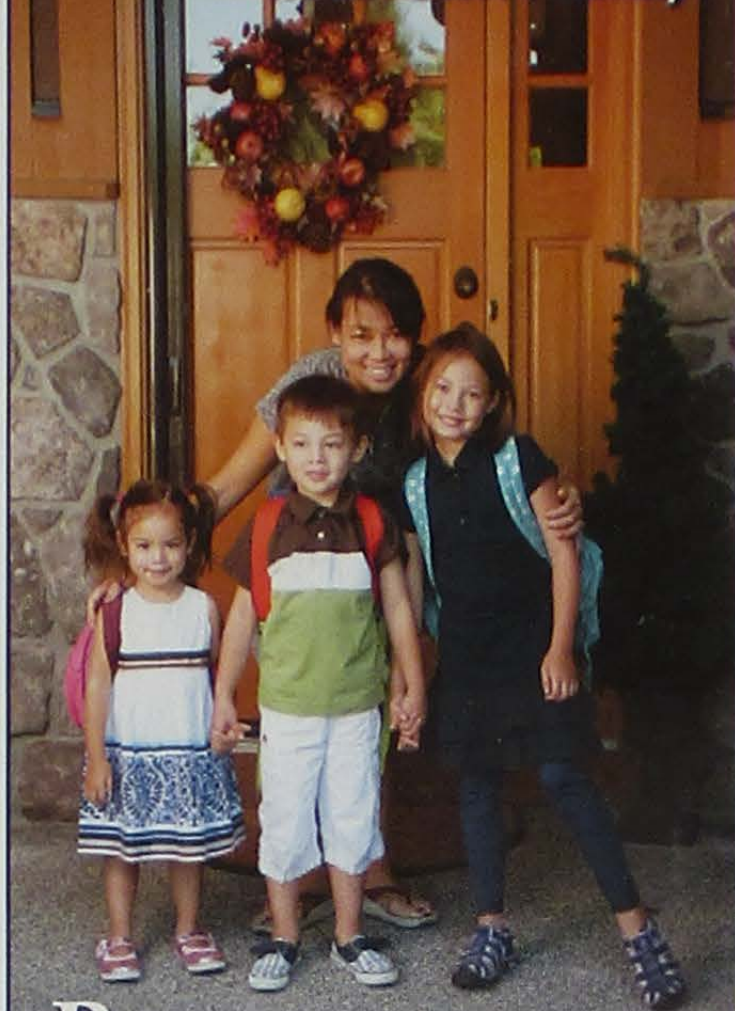
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Active lifestyle leads to better heart health

BY KELLY SPILLMAN-KRAMER

Jean Saveraid realized she had to make some lifestyle changes when she was diagnosed with high blood pressure.

Saveraid, whose grandmother suffered from a heart-related issue, applied in 2010 for the American Heart Association's Go Red Better U Challenge after reading about the program. She was selected as one of 10 participants, but Saveraid's commitment to a heart-healthy lifestyle has continued beyond her participation in the program.

"A lot of people do this for 10 weeks," Saveraid said. "I've been doing this for two years. I've really made this a lifestyle."

The program, sponsored by Mary Greeley Medical Center, Iowa Heart Center, and Ames Racquet and Fitness, promotes improved health through heart screenings, nutrition education and fitness. It runs from January through April.

Saveraid was not the winner of the Challenge, but feels the greater prize is her improved lifestyle, as well as meeting a new group of friends.

Saveraid travels from her home in Huxley to Ames five times a week for exercise classes. Since she completed the Go Red Better U Challenge, Saveraid has also participated in several benefit walks with the people with whom she exercises.

"I got pulled into the group, and I love it," she said. "I've got a whole new group of friends, and we all have a similar mission and that is to have good health."

Dr. Stuart D. Christenson, a cardiologist at McFarland Clinic, said one of the best ways a woman can prevent heart disease is to "know her numbers, including blood pressure, cholesterol (total, HDL, LDL and triglycerides) and blood glucose."

"Be aware of what your risks are, and then adjust your lifestyle to address the vulnerable areas," Christenson said.

It is difficult to define the typical heart disease patient, Christenson said, so it is important for women to know the signs of heart distress.

"Both women and men can experience



Photo special to Facets

Jean Saveraid took part in the 2010 American Heart Association Go Red Better U Challenge. Two years later, she's still leading a healthier lifestyle.

For more information about the Go Red Better U Challenge, contact Kassi Wessing, corporate events director for the American Heart Association at (515) 246-4571.

the classic sensation of an elephant sitting on their chest," Christenson said. "However, women commonly experience other more subtle symptoms. Heart disease can present as shortness of breath, pressure in the abdomen, nausea, sweating, dizziness, fainting, pressure in the back or even extreme fatigue."

Christenson encourages anyone having these symptoms to immediately get evaluated.

"Many more people die each year from heart disease than they do from breast cancer," he said. "The impact that heart disease has on the women in our society is under-appreciated."

HEART DISEASE CAN STRIKE AT ANY AGE

My brother once asked me why heart disease happened to him.

As the big sister, I would have loved to have instilled some great wisdom on him, given him a purposeful reason why he would have to sit on the bench while the rest of his friends played ball.

Michael's doctors have told him how lucky he is to have survived, but to his 16-year-old self, never being able to play again was as good as death.

While Michael was in the hospital, we laughed and joked, and Michael sat in his kid-sized hospital bed with his feet hanging over the edge. For five days, I survived on little else but vending machine coffee and M&Ms, and tried not to think about all the families in that hospital whose loved ones were not going to make it.

Through it all, we never talked about what would have happened if Michael hadn't been lucky.

Hypertrophic cardiomyopathy is genetic, which meant the rest of my family needed to be tested.

Everyone did just that, and tested negative, except me.

I made up excuses about how I couldn't afford the test, or I didn't have time, or it wasn't that important. My parents nonchalantly mentioned it, nagged me about it whenever the subject came up and dropped hints when they could. And I waited.

The truth is I was terrified. Mike's doctors told us we all had a 50/50 chance of having it, and since my brother and sister had tested negative, I knew I must be the other positive.

When I finally did get tested, three years later, it came back negative.

I know how stupid it was to wait. Michael almost died. In fact, if it hadn't been for a group of people who stepped up to save him, he would have. If I had been served the same gene mix as my brother, I might not have been as fortunate.

Every year on Sept. 17, my family celebrates the day my brother lived. To Michael's 20-year-old self, it's a great day to be on this side of the daisies. ♦



**KELLY
SPILLMAN-
KRAMER**

Christenson recommends women maintain an active lifestyle to reduce their risk of death from heart disease.

"This does not mean everyone should be an elite athlete," he said.

Instead, Christenson said women should aim each week to complete two hours and 30 minutes of moderate aerobic exercise, one hour and 15 minutes of vigorous aerobic activity or a combination of moderate and vigorous physical activity and muscle strengthening two or more days a week.

"The important thing is to find a routine or activity that you will enjoy so that you can maintain it over your lifetime," he said.

Saveraid revamped her family's diet and gave up soda.

"I was a Pepsi drinker," Saveraid explained. "Now, I eat a lot more salads and less carbs. We try to be more moderate and have started using smaller plates."

Though Saveraid is committed to a healthier lifestyle, she also knows sweets are OK every now and then.

"You just have a day that you have to have it, and that's OK," she said.

Christenson also emphasized the importance of a healthy diet.

"A diet with an emphasis on fruits and vegetables, whole grains, low-fat dairy products, fish, beans, nuts and lean meats is beneficial," he said. "Foods should be low in saturated fat, trans fat, salt, cholesterol and added sugars."

Christenson said stress, anxiety, depression and poor sleep can also contribute to an increased risk of heart disease.

"Take time for sleep, relaxation and time with friends," he said.

Since 2010, Saveraid's heart health has improved, she said. She is not completely free of medication, but has significantly reduced the number of medications she needs.

She also became actively involved in the American Heart Association's Go Red campaign. She leads by example by continuing to be heart-healthy. ♦

Reach Kelly Spillman-Kramer via email at kel_300@hotmail.com.

"The impact that heart disease has on the women in our society is under-appreciated."

— Dr. Stuart D. Christenson, cardiologist

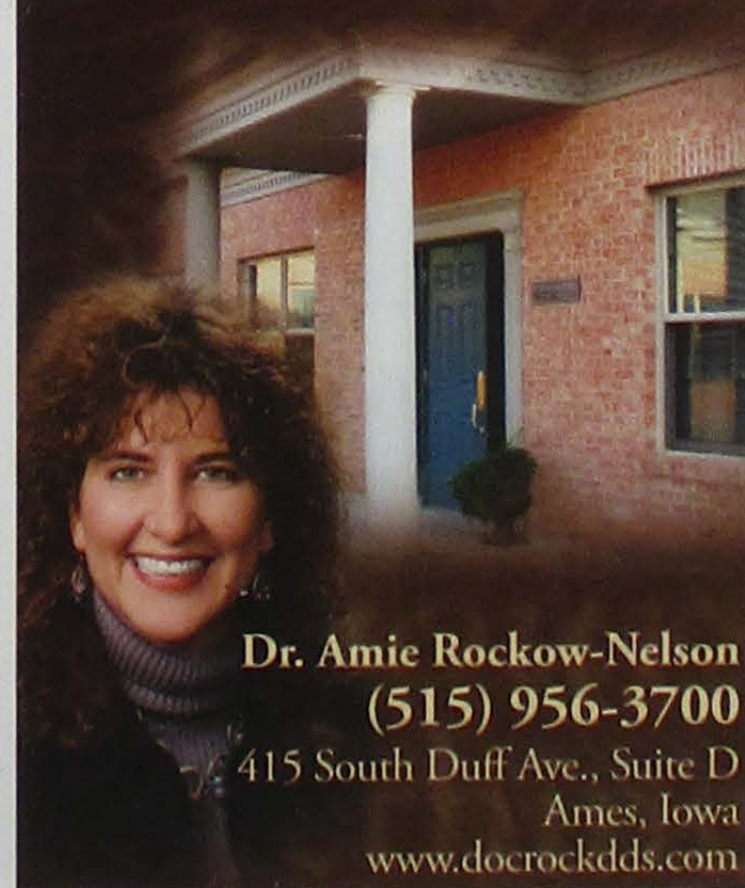
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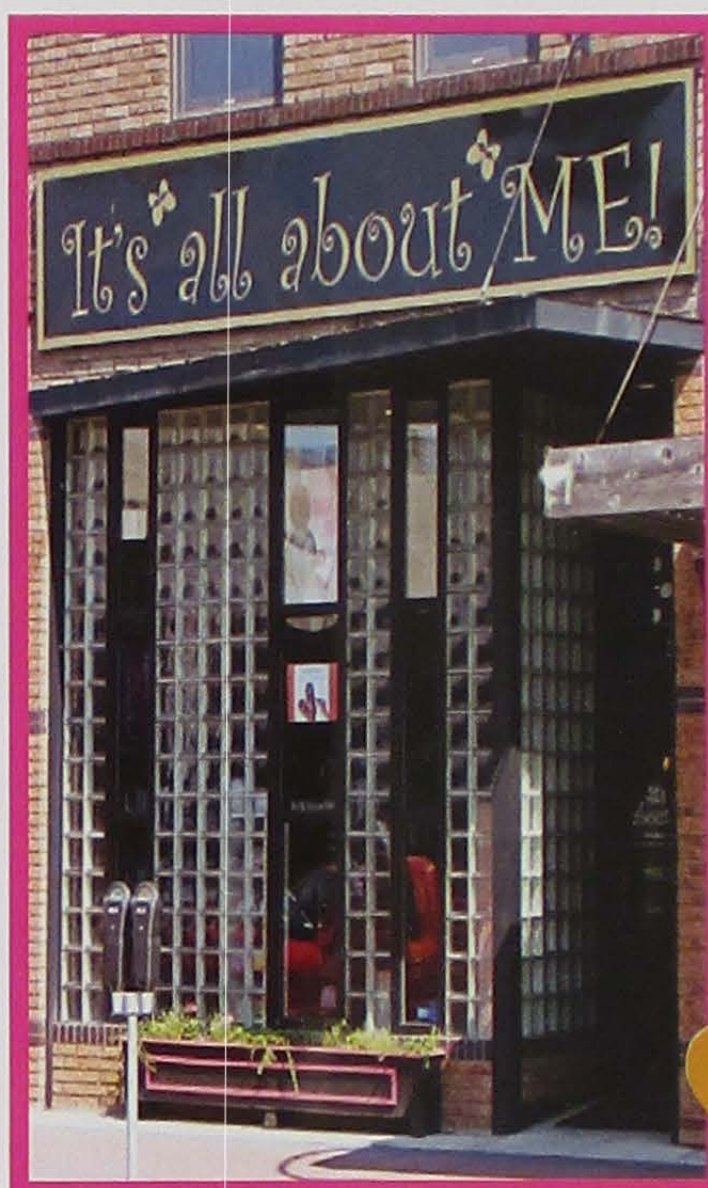
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Typical symptoms of depression include: lack of joy in once-enjoyed activities; feelings of negative worth or guilt, and low self-esteem; thoughts of suicide, death and dying; concentration difficulties; fatigue and difficulty falling or staying asleep; and changes in appetite.

Depression 'not something you have to live with'

BY ROXANNE DASS

Heather Iverson never thought there was anything abnormal about the mood swings, anxiety and isolation she first felt in high school.

"I just accepted it as who I was," said Iverson, now 28.

Her feelings persisted through college, however, until her husband, Tim, gave her an ultimatum to see a doctor or separate from their marriage.

In 2007, Iverson was diagnosed with depression.

"The epidemiological data shows that the average lifetime prevalence of depression is 20 percent in women," said Warren Phillips, Ph.D., psychologist and director of Central Iowa Psychological Services, Ames, and psychology lecturer at Iowa State University.

Symptoms of depression are different from feeling sad or down once in a while, Phillips said.

Typical symptoms include:

- Lack of joy in once-enjoyed activities
- Feelings of negative worth or guilt, and low self-esteem
- Thoughts of suicide, death and dying
- Concentration difficulties
- Fatigue and difficulty falling or staying asleep
- Changes in appetite

Iverson battled as an adult with alcoholism, which is common with depression, according to the National Institute of Mental Health. But Iverson's symptoms of depression continued after treatment for alcohol abuse.

"I pretty much wrapped myself up in work to keep busy so I wouldn't have to interact with people," she said. "I honestly lived with (depression) for so long that it was so normal for me."

Her husband, Tim, approached her several times before finally posing the ultimatum.

When her doctor diagnosed her with depression and anxiety, he said the only treatment was medication. After six months, however, there was little improvement.

"Antidepressants ... can be helpful for moderate to severe depression, but for mild to moderate depression, it really does nothing other than a placebo effect," Phillips said. "People get started on antidepressants and don't get better, so they think that's just how it's going to be."

Iverson went off antidepressants when she became pregnant with her son Parker, and hoped her moods would change when he was born.

"I thought I would have purpose in life," she said. "After I had Parker, I went back on my meds, but after he was born was probably the worst."

Iverson sat at home sobbing or sleeping all day.

"If someone didn't come check on me, my son wouldn't have been fed, had a diaper changed or anything," she said. "I felt completely hopeless."

Eventually, Iverson saw a counselor, and with therapy, her husband's support and different medication, her depression improved.

"It finally felt like a weight and the sad-

"Through the combination of exercise, dietary changes and active therapy, depression is very treatable."

— **Warren Phillips, Ph.D.**, psychologist and director of Central Iowa Psychological Services, Ames, and psychology lecturer at Iowa State University

ness had been lifted off my shoulders," Iverson said.

Tim bought equipment so Iverson could exercise at home, and a dog to take on daily walks. He also encouraged her to go out with friends or to a movie at least once a month.

Lifestyle changes can make a huge difference, Phillips said. Research shows just 30 minutes of aerobic exercise three to five days a week is just as or more effective than medication and therapy.

Dietary changes can also help with depression, he said.

"One of the things Americans tend to do is a lot of carb-loading, causing our sugar and insulin levels to spike up and down," he

said. "All of that takes a toll on our energy and helps us not feel as good."

Eat six small meals every day to stabilize energy, he said. Include protein and a complex carb with each, as well as three to five helpings of vegetables per day.

A good therapist can also help understand and interpret feelings that people with depression have about themselves.

"Through the combination of exercise, dietary changes and active therapy, depression is very treatable," Phillips said. "It's not something you have to live with for years and years." ♦

Reach Roxanne Dass via email at rdass43@gmail.com.

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Tips to prepare your skin for fall

With a chill returning in the fall air, it's time to prepare your sun-damaged skin for the months of cold and dry weather ahead. Makeup can't cover skin that needs repair. Start with a clean palette.

Let's start with the basics: cleanse, tone and moisturize. Your beauty professional can do a skin consultation (most of these are free) and then recommend a regimen designed just for your skin type, skin problems and skin repair.

There's a wide assortment of facial treatments to solve all kinds of skin problems. I ask for a basic facial and see what treatments my esthetician recommends. For me it's tired eyes and the skin on my neck. Believe me, they can solve a lot in a short time. An eye smoother and a quick lift treatment do it for me.

Facials can be enhanced with paraffin treatments, hot stone therapy and chemical treatments — even for elbows. Feel your elbows once in a while, and you'll know you want this extra.

If I want to go further, I opt for full-body treatments that make all my skin feel smooth and young again. Products and skilled hands can work wonders. And while I am having these treatments, I can't do anything else, so it's a great chance to take a nap.

Peels are a way you can look better for a longer period. These come in a variety of strengths and time frames. I like the lunch-hour peel that doesn't leave me looking red-faced.

Microdermabrasion is a series of treatments that remove surface layers of the skin to reveal a fresh face. It makes me look like I've had a great nap.

Listen to your professional; they know tons about what you can do to improve your skin.

Be honest about your lifestyle. If you



**MARY CLARE
LOKKEN**



Photo courtesy of Mary Clare Lokken

**An esthetician can recommend treatments
for whatever ails your skin.**

don't drink enough water, that will show up in your skin. If you don't eat healthy foods, they can see that as well. Tell your esthetician the truth, and they can help you with the right regimen. Of course, their work will go a lot further if you hydrate, exercise and eat right.

Your skin regimen will change with the seasons, so don't make this a once-a-year visit. Normal skin benefits from monthly facials, and special conditions require more frequent care.

After all this beauty work has been done, treat yourself to eyelash extensions. Who knew you could actually attach individual lash length that lasts for weeks?

Enjoy your new skin! ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

Reduce health risks with food

With the busy schedules women have, it can be a real challenge to get in the healthy foods and exercise we need. However, there's no time like the present to start taking care of ourselves.



LAURA KIMM

First the bad news:

- One in eight women will be diagnosed with breast cancer during her lifetime.
 - Nearly 39 percent of all female death is related to cardiovascular disease. The diagnosis of heart disease is often more challenging in women than in men, because women fail to see the risk factors and real threat.
 - Women are twice as likely as men to suffer from depression.
 - Women have nine times more eating disorders than men.
- OK. Enough of the bad news. What can women do today to stave off these health concerns? The easiest things to control are what you eat and how active you are. Eating right is one of the most important things you can do for your health.
- Eat more fruits and vegetables. Choose the ones that are richest in color, as that usually indicates more vitamins and minerals. Eat more dark green veggies, such as broccoli, kale and other dark leafy greens. Look for the orange color in carrots, sweet potatoes, pumpkin and winter squash.
 - Get your calcium-rich foods from skim or low-fat dairy products or calcium-fortified foods.

- Increase the fiber in your diet with whole grains and cereals. Eat plenty of soluble fiber, which may help lower your LDL, or "bad," blood cholesterol. You'll find soluble fiber in oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits and strawberries. Insoluble fiber won't lower your cholesterol, but it will help keep your bowel function regular. Food sources of insoluble fiber are whole wheat breads, kidney beans, almonds and many vegetables.

- Go lean with your protein choices. Vary your dietary protein with fish, beans and nuts.
- Avoid saturated fats, trans fats and excessive sugar and salt.

Additionally, if you're overweight, and about two-thirds of adult American women are, choose a calorie level that enables you to maintain a healthy weight. Regular exercise can help you to maintain a healthy weight, so aim for 30 minutes of exercise most days of the week and try to include weight-bearing exercise such as walking, jogging or aerobics.

If you drink alcohol, keep it to one drink per day. One drink is equal to 12 ounces of beer, 5 ounces of wine or 1.5 ounces of hard liquor.

It's also beneficial to get plenty of rest and relaxation to soothe the stresses we deal with every day. When you're stressed, your body absorbs fewer nutrients as it excretes more, and the need for the vitamins and minerals found in nutrient-rich foods increases.

Starting with these tips will help you reduce your risk for several health concerns that many women face. ♦

SPINACH MANGO WRAP SANDWICHES

Serves 6 (1 wrap each)

INGREDIENTS

- 2 fresh mangos, peeled and sliced
- 5 ounces spinach leaves (half of a 10-ounce bag)
- 6 ounces cooked chicken breast strips
- 1/4 cup sliced almonds
- 1/4 cup light raspberry vinaigrette
- 6 8-inch flour tortillas

DIRECTIONS

In a large bowl, combine mango slices, spinach, chicken, almonds and vinaigrette. Toss gently.

Place mango mixture down center of each tortilla. Roll up tightly. Cut each in half diagonally to serve.

Laura Kimm, RD, LD, received her bachelor's degree from the University of Iowa and completed her dietetics coursework and dietetic internship at Iowa State University. Laura works at Hy-Vee as a registered dietitian. Reach her via email at lkimm@hy-vee.com.

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Splurging must seem an unlikely topic for a financial advice column. To help make it more reasonable, remember life is more than money.

I shopped with my daughter for school supplies and clothes for my 6- and 10-year-old grandsons.

We shopped the sales for inexpensive clothes. Then, the surprise: a backpack for way more money than I could imagine. It was an Under Armour backpack. It seems Under Armour clothing and accessories indicate you are a true athlete and really know what is "in."

It is important that the boys look right as they begin school, and so I began to think about the concept of splurging.

First, to define splurge: Spend money in an extravagant, excessive or wasteful way.

Well, it seems to me that the price was unreasonable and excessive, but wasteful? The way we spend our money is more than the dollar amount, it is also the value/benefit we receive from the money spent. And the look on Zach's face when he tried on the Under Armour backpack was worth every dollar spent.

First, I asked several women with children in school to share how they splurge.

- "I will splurge on anything that will keep my son organized! Locker gizmos, gym bags, organizers, etc."

- "I splurge on shoes for my daughter and my son. A great pair of shoes makes everybody happy."

Women who no longer need to put children's needs ahead of their own also shared how they splurged.

- "Books and monetary gifts to my daughters."

- "The one thing I am willing to splurge on is quality footwear! I will not compromise on cheap (and cheaply made) shoes. When your feet hurt, your whole body seems to hurt. ... It's not cheap, but then neither is your well-being."

- "I splurge on books, all kinds of books: paperbacks, hardbacks, e-books; history, mystery, psychology, business, etc."

- "I recently wanted to change the theme



**KAREN
PETERSEN**



By Stockbyte/Thinkstock

Coveting a new handbag? A splurge may be in order.

of our three-seasons porch ... The end result was my husband asked me to promise I wouldn't ask to change the furniture for five years. As you might expect, I couldn't make that promise."

- "Rainier cherries, quality scissors, thread, paint of all kinds, C.Y. Stephens tickets and hiking boots."

- "I splurge on vacations. I figure I want to see and do everything. I also splurge on shampoo, conditioner and cleansing product for my face/skin."

- "I splurge on tickets to see grandchildren, a fresh-brewed cup of coffee and purses (I justify this by calling it a necessity, an accessory, an addition to my professionalism, whatever)."

- "I splurge on healthy, organic food and a comfortable vehicle with extra features."

- "I splurge on my hair— highlights maybe once a year."

What do you splurge on? A splurge now and then is important to all of us because ... life is more than money. ♦

Karen L. Petersen, CFP® CDA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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Ways to better health

Women enter the workplace and climb the ladder to success. Yet most still take on the majority of the household chores and shopping — not always because they must, but because they choose to.



DEBRA ATKINSON

Women's health issues are on the rise, but there are three ways to make a difference both now and in the future: physical activity, better nutrition and coping with stress.

There are a few excuses women typically give for not participating in fitness and stress-reducing activities. Working women say they feel guilty spending more time away from their families. Women will say that they feel they should be doing something productive in their spare time, or that they wouldn't even recognize spare time anymore if they did have some.

Reasons for unhealthy nutrition are also usually related to time — time to plan, or time to stick to the plan once it has been created.

Before you jump into a "fix," you have to know what you're saying to yourself. You can create the best plan in the world, or have someone else do it for you, but if you're telling yourself you can't and you believe it, you'll be right.

Begin by telling yourself you deserve time to yourself. Change your mindset so you have a better chance for long-term success and healthy habit forming.

Your improved confidence and self-esteem can have a positive effect on any career path.

MOVE OF THE MONTH

1

2

SINGLE-LEG DEAD LIFT

This single-leg exercise can be done with no weight, with a dumbbell or holding a low cable. Some weight often is more helpful than none. Hold the weight in the opposite hand as your weight-bearing foot.

Stand tall (1) and pivot at the hip as you reach the arm holding the weight toward the floor and the other leg to the rear (2). Your goal is to keep your body in a straight line. Perform 10-12 repetitions, setting the other foot down as little as possible. Repeat on the other side.

Pay attention to whether you are keeping your hips squarely pointed in the same direction. If the leg lifted in back pulls the hip into rotation, attempt to correct it. (You'll be using your abdominal muscles to do so.) If you're rotating worse on one side than the other, you've discovered an imbalance in strength you'll want to work on.

Note: The difference in your legs and balance will tell you which side you need to work on. If there is a notable difference, performing only balanced repetitions of leg exercises will only deepen this imbalance. Spend more time and attention on your weaker leg.

Your improved mood and energy can reflect in the quality time you spend with your family. You can be a positive role model for your children on how to develop healthy habits of their own. Your nature will become their nurture.

When you're ready to begin, remember that you're establishing a physical activity plan for now, not for the shape you once were in or the age you used to be. Accelerate slowly and progress with a plan.

With nutrition, start with small changes. The key to success, though, is planning. The more busy and variable your days and schedule, the more carefully you'll

need to plan. You may need to carry a cooler, keep a small refrigerator in your office or have snacks in your purse, car or briefcase. Plan your weekday meals during the weekend and get everything you need. You won't eat as healthily if you're caught with nothing on hand and have little time.

Regular exercise and better nutrition can help reduce stress. Take it a step further by engaging in a hobby that engrosses your mind in the activity, rather than obsessing over the final product. Think about what you did as a child; the activities you enjoyed then can make great

hobbies now.

When you spend so much of your time thinking about what's next or multitasking, the right hobby is relief for your mind. Once you learn to take time for yourself in one area of your life, soon you'll be able to achieve it in other areas, too. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.

Ladies Expo is Sept. 18

Grab your girlfriends for the fourth annual Ladies Expo.

The Ladies Expo, from 4:30 to 7 p.m., Tuesday, Sept. 18, at the Iowa State Memorial Union, brings together local businesses offering all the things women love — health, fitness, nutrition, financial planning, food, fashion and beauty — all in one place.

The evening will include free refreshments, shopping, informational seminars from local businesses, thousands of dollars in door prizes and entertainment from All in Moderation, a men's a capella group from

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- Customer service desks at Hy-Vee stores at 640 Lincoln Way and 3800 Lincoln Way, or Hy-Vee Drugstore at 500 Main St.
- Hotel front desk at the ISU Memorial Union, 2229 Lincoln Way.
- The Ames Tribune, 317 Fifth St.

For more information, call (515) 663-6916. ♦

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faceted woman | COURTNEY CRANDELL

Name: Courtney Crandell

Age: 25

Position: Owner and team head coach at SUCCESS Gymnastics

Family: Father, Steve; mother, Cheryl; and brother, Tyler, 22

What would you do with \$1,000 to spend on yourself?

If I had \$1,000 to spend on myself, I would have used it toward purchasing a ticket to the women's gymnastics team finals at the 2012 London Olympic Games.

Your favorite meal:

I love anything from Manny's in Minneapolis, but my favorite meal from there is probably the Australian lobster tail. I am also a regular at Wallaby's in Ames.

I never leave home without:

My sunglasses and phone.

Your favorite motto:

I have a few mottoes that I live by, but my favorite is, "The secret to happiness is doing what you love, and the secret to success is loving what you do."

What makes you feel confident?

Whether one of my gymnasts learns a new skill, qualifies for nationals or earns a college scholarship, when I see them succeed, it makes me feel like I have helped them achieve something. When they have success, I feel confident.

What makes you laugh?

My brother can always make me laugh. He is the funniest person I know. Even if I am mad at him, or not in a great mood, he can always say something to make me smile and laugh.

What have you accom-



Photo courtesy of Courtney Crandell

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plished that has made you proud?

One thing I have accomplished and has made me proud is opening my gym, SUCCESS Gymnastics, when I was 22 years old. It had been a dream of mine for awhile, and the first day I opened, I saw my dream be-

come a reality. I will never forget that moment. I remember feeling like, "Wow, it is really happening." It was the greatest feeling.

Best tip to look and feel great:

My best tip to looking and feeling great is to get enough sleep and have a good laugh.

Whenever I am feeling my best, it is usually because I got enough sleep the night before or I just had a really good laugh and I can't stop smiling the rest of the day.

I crave:

I always crave chocolate. Even after a huge meal when I am feeling so full, I still have a little room for something chocolate.

I am thankful for:

I am thankful for my family and friends. My parents and brother are very involved with the gym, and it wouldn't be as successful as it is today without them. My boyfriend and his family are also very supportive and like to help out when they can. I feel blessed to have such an amazing, supportive and understanding family and group of friends.

Favorite wardrobe staple:

My Seven brand skinny capris. They go with anything, and you can dress them up or down.

How do you give back to your community?

By opening SUCCESS Gymnastics, I give the children in my community a fun and safe environment where they have the opportunity to build strength, flexibility and coordination and to be active and healthy. Preschool gymnastics is also one of the best things parents can do for their children. So many athletes in the Olympics started as gymnasts. There are so many transferable skills children can learn in gymnastics. Not everyone will stick with it, but what they learn will be valuable and give them a huge advantage in whatever sport or activity they choose later in life. ◆

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Visit iowahealthieststate.com to learn more.

Contact your Ames Hy-Vee dietitians for more information.

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